NHS
Test and Trace

How to do a PCR test for coronavirus (COVID-19) at home

You need to read all of this guide before you start the test

OPEN

This Easy Read guide is only for the PCR test – this is the test that you have to send off.

Contents

Why you need to test for coronavirus (COVID-19)

COVID-19 is an illness that has spread around the world.

Some people can feel very unwell when they have COVID-19. Other people might not feel ill at all.

We need you to take a test because you may have COVID-19. The test will tell us if you have it or not.

Check if you need to register your test kit

We may have registered your test kit before we send it out.

When you order your test kit, we will send you an email which tells you if your kit has been registered or not.

If it has not been registered, you need to register it. We will tell you how to do this.

Registered Kit

Your details are linked to this test. Do not let anyone else take your test because their result will be registered as your result. ⚠

If it has already been registered, there will be a sticker with 'Registered Kit' on the outer package when it arrives.

You do not need to register your kit if it has one of these stickers.

How to register your test kit

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If your test kit has **not** been registered, you need to register it just before you take the test.

To register online, visit: **www.gov.uk/register-home-test**
If you cannot register online, call **119** and we will do it for you.

You will need:

1. your order ID - you can find this in the email we sent you.

Tracked **24**

2. the number underneath the Royal Mail barcode - this is on the prepaid return label.

COVID-19
Home test

3. the number under the test kit barcode - this is on the front page of the instruction booklet, and also on the plastic tube, see-through bag and return box.
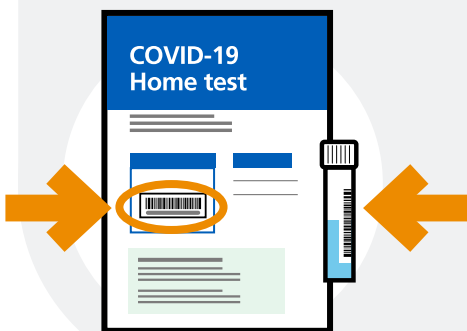
You can do the test kit yourself, or you can ask someone to help you.

It takes about **30 minutes** to do the test.

Do not eat or drink anything for **30 minutes** before the test.

When you have finished the test, you need to send it back to us.

You can post it in a **priority postbox** or ask someone else to post it for you.
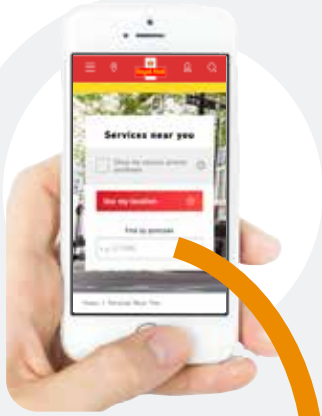
If this is difficult for you, you can arrange for a courier to collect it from your home.

take test, return test

You need to return it on the **same day** that you take the test.

How to find a priority postbox or book a courier

You can find the priority postbox nearest you, and the latest posting time on the Royal Mail website: **www.royalmail.com/services-near-you**

You can also phone them on 0345 266 8038 Monday to Friday, 8am to 6pm.

You may have to pay for this call. You can find out how much it will cost on the GOV.UK website: **www.gov.uk/call-charges**

You will need to know your full address, including your postcode. If you do not know what it is, ask someone to write it down for you.

If you cannot get to a **priority postbox**, we can send a courier to pick up the test kit from your home.

This might be because:

- it is too far to walk

- you are feeling unwell and need to stay home

- you have been told to shield or isolate, so you cannot leave home

If you need a courier, call us on **119**. You need to call us the day before you take the test.

Your test will be collected between **8am and 4pm** on the day you take the test.

We cannot give you an exact time.
You will need to **finish the test before 8am**.

About the test

The test is quick and will not hurt. You will need to swab your tonsils and your nose.

You will then put the swab in a small tube and send it back to us.
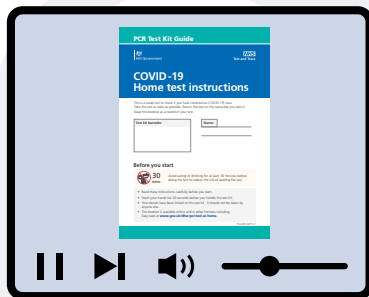
You can watch a video on how to do a swab test here: **www.gov.uk/pcr-home-test**

What is in your test kit

The things that you need to do your test will come in a bag. This is called a test kit.

Before you start, you need to:

1. find a flat surface like a table

2. clear it, and then clean and dry it

3. put all the items from your test kit on it

If anything is missing or does not look right, call us on **119** and we will send you a new test. Do the test when you get the new test kit.

There should be 6 things in your test kit.
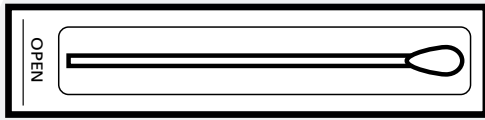
1 A swab in a packet. A swab is a stick with a soft cotton tip one end.

2 A plastic tube which has a small amount of liquid in it.
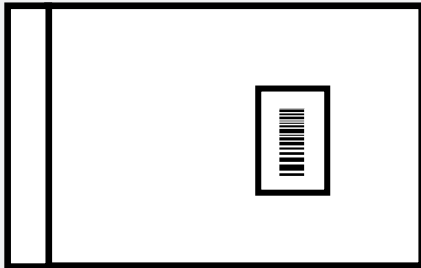
3 A small see-through bag.
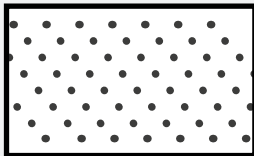
4 A white pad made of soft material.
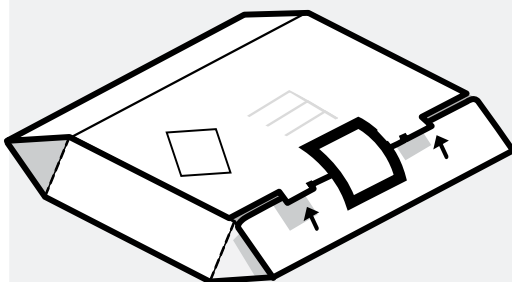
5 A box to send your test back to us.

6 A security seal to go on the box. Only put the seal on when you are ready to post the box.

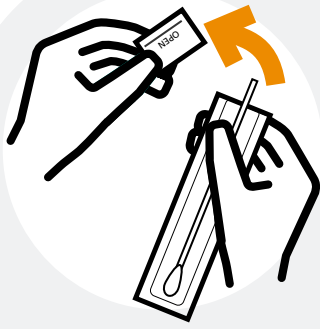# Get ready for the test

Blow your nose with a tissue. Throw the tissue in a bin.
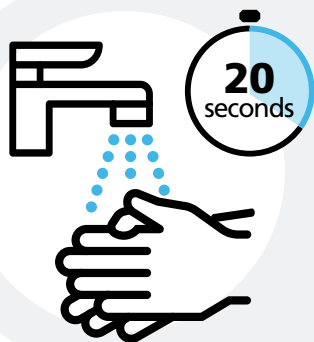
Wash your hands with soap and water or sanitiser for 20 seconds.
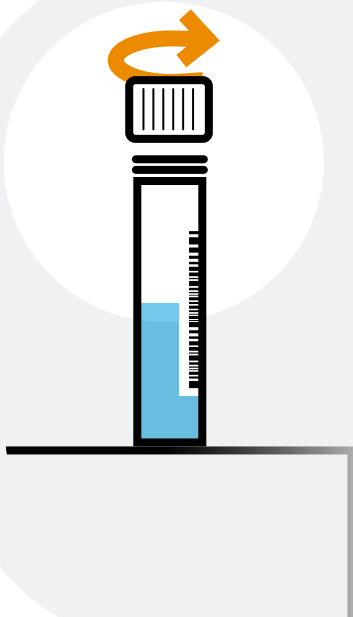
Unscrew the top from the plastic tube and put it on the table.

Make sure that you keep the tube upright; you can stand it up in a mug or glass to make sure that it does not fall over.

Open the swab packet at the stick end, and carefully take out the swab.

Make sure you hold it at the stick end.
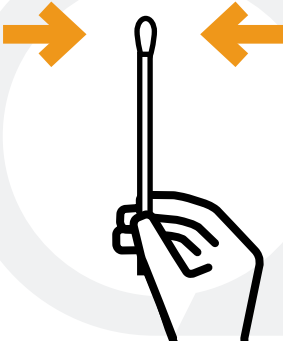
Do not let the tip of the swab touch anything else or it could spoil your results.

How to swab your tonsils

Look in a mirror, open your mouth and find your tonsils.

Your tonsils are the soft parts on either side at the back of your throat.

Some people find this quite difficult. You can ask someone to help you.
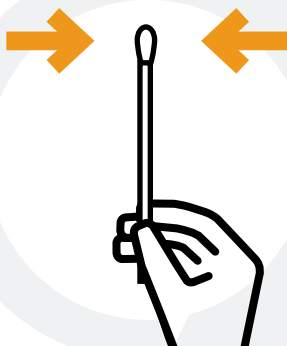
If you do not have tonsils, you need to swab where they used to be.
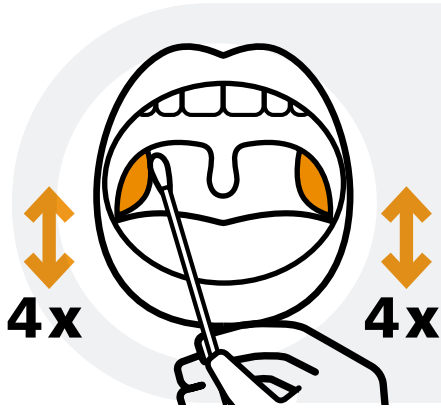
Gently **rub** the swab over your tonsils. Rub each tonsil 4 times.
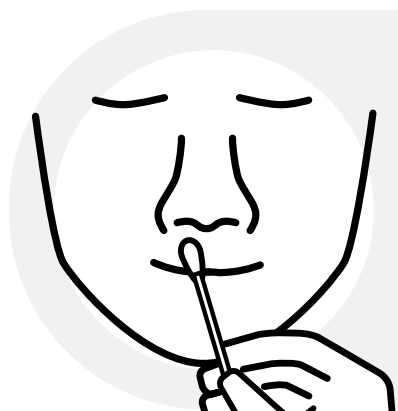
It may feel a bit strange but it will not hurt.

If you **cannot swab your tonsils**, you can swab both nostrils instead.

We will tell you how to do this on the next page.

Do not let the tip of the swab touch anything else, or it could spoil your results.
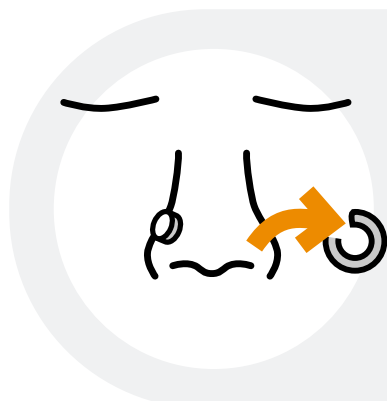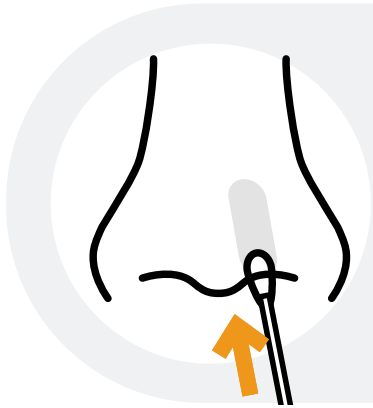
How to swab your nose
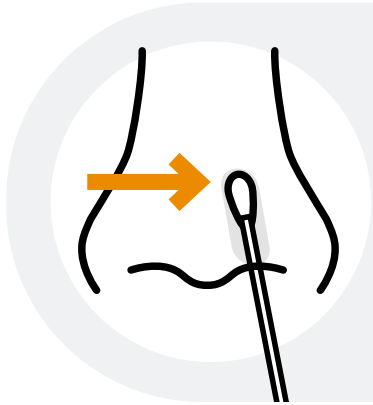
Now use the same swab to take a sample from your nose.

If your nostril is pierced or you have had a nosebleed, swab the other nostril.

If both nostrils are pierced, you need to remove the piercing on one side and then swab that side.
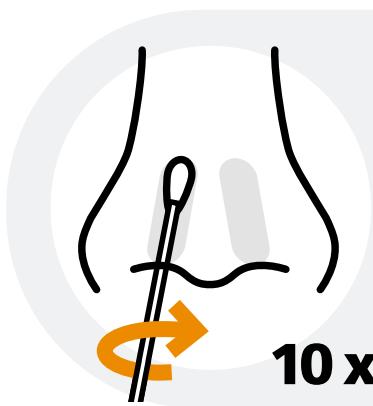
Put the swab into your nostril and push it gently upwards.
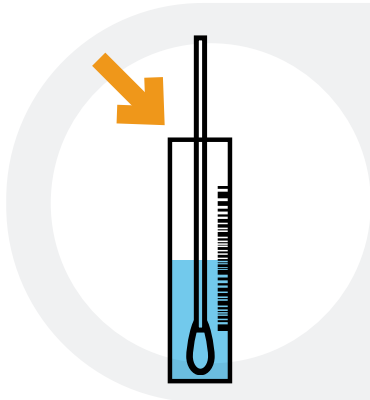
Stop when you feel it pressing inside your nostril.
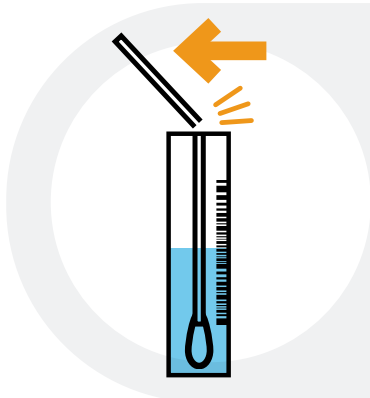
Slowly turn the swab round 10 times in your nostril.

10 x

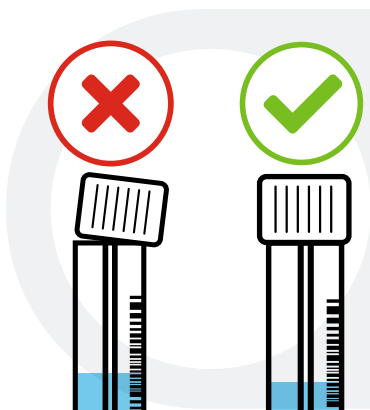If you did not swab your throat, you need to swab your other nostril as well.
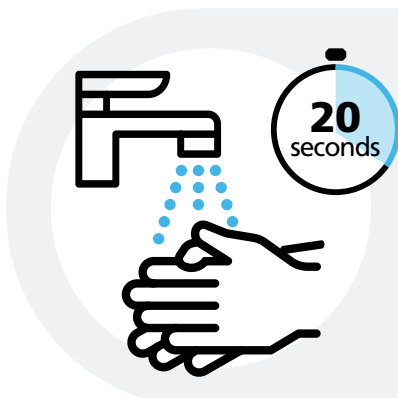
What you need to do next

Put the swab into the plastic tube. The soft cotton end should go in the liquid at the bottom.

Snap off the stick end of the swab so that it fits into the tube without bending.
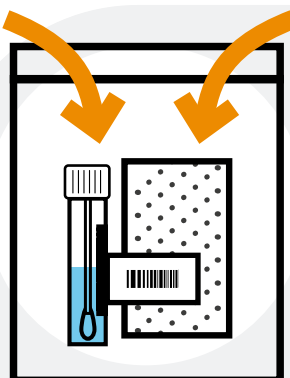
Screw the lid of the tube back on tightly and check it is on properly.

Wash your hands with soap and water for 20 seconds. You can use hand sanitiser instead.
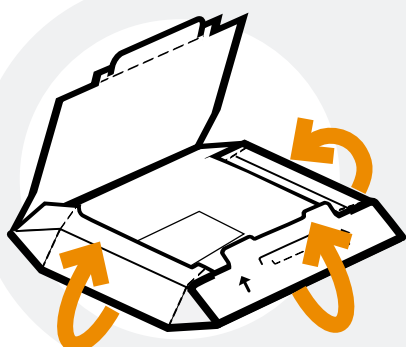
How to pack up your test kit

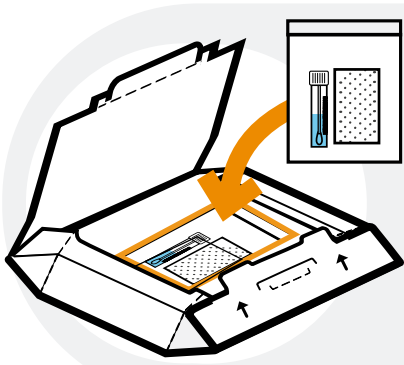Put the white pad and the plastic tube together into the see-through bag.

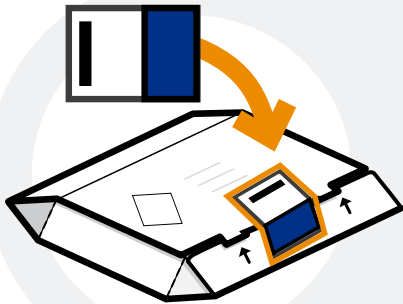Gently squeeze the air from the bag.

Peel off the strip at the top of the bag, fold it over and seal it.

Make up the box to send your test back to us. There are instructions printed on the box which tell you what to do.

Put the see-through bag with your swab test inside your box.

Close the box and stick it shut with the security seal.

You now need to post your test kit or wait for the courier to collect it.

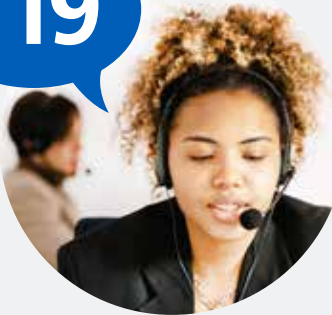If you post it, you need to use a **priority postbox.**

Make sure you post it before the last posting time.

When you get your results

You should get the results after 2 days, but it may take a bit longer.

You will get your test results by text and email.

You can call us on **119** for your results:
- if you don't use email or a mobile phone
- if you have not got your results after 5 days

You must stay home until you get your results.

If the result is negative,
that means that you probably
do not have COVID-19.

You can meet people and go out.

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If the result is positive,
that means that you probably
do have COVID-19.

If you feel worse after you take the test and
do not get better in 7 days, visit **NHS 111**
online at **www.111.nhs.uk** or call **111**.

Where to get help and advice about COVID-19

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For help and advice with your test, you can phone us on **119** from 7am to 11pm.

If you feel worse or are not getting better after 7 days, or you feel very unwell, contact **NHS 111** any time.

All calls are free from any phone. In an emergency, call **999**

be my eyes

You can use the free **Be My Eyes** app to get help from trained NHS Test and Trace staff.

Download the app, go to Specialized Help and select NHS Test and Trace in the Personal Health category.

For more information about COVID-19 go to our website: **nhs.uk/coronavirus**